Health Education Classes
July-September 2005

Diabetes Self-Management

Call for information & registration

257-0805

Sexual Health and Responsibility Program (SHARP)

Call Preventive Medicine to request class.

257-5950

Tobacco Cessation a 2-session class

July 12 & 19

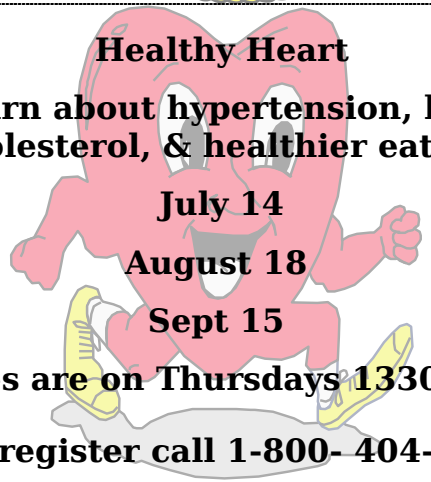
Aug 9 & 18

Sept 13 & 20

1400-1600

To register, call 1-800-404-4506

***must sign up for two classes in series**



Healthy Heart

Learn about hypertension, high cholesterol, & healthier eating.

July 14

August 18

Sept 15

***classes are on Thursdays 1330-1500**

To register call 1-800- 404-4506.

Weight Management Classes

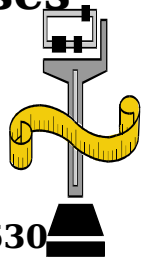
ShipShape **Active Duty Only**

April 13,20,27,

May 4,11,18

***classes are on Wednesdays, 1500-1630**

Registration: 257-9590



Preventive Health Assessment (PHA), annual requirement for ALL active duty members. Operational forces contact your Flight Surgeon or Squadron HM. Shore based units call for appointment during your birth month.

1-800-404-4506

Diabetes Educator: 257-0805 Health Promotions: 257-9949

Dietitian: 257-9590